

TRAIN LIKE A CHAMPION



UNITED STATES FIGHT LEAGUE & KRAVIS LEADERSHIP INSTITUTE



TRAIN LIKE A

CHAMPION

Mixed Martial Arts, or MMA, develops strong, fast, and smart athletes. Combining boxing, wrestling, and kicking into one sport makes MMA both challenging and fun. But MMA isn't just about getting rough and tough, it teaches important life skills too.

Just like a superhero facing a villain, MMA athletes must learn to control both their mental and physical strength and use it wisely. This booklet will help you build those important life skills and help you control your strength through the Three Pillars of Character: Respect, Resilience, and Responsibility.

PILLARS OF CHARACTER



RESPECT

LOYALTY, WORKING TOGETHER, & GOOD SPORTSMANSHIP

Respect is more than just saying “please” and “thank you”. It’s about understanding and appreciating who others are, even though they may be different than you. In MMA, respect helps us **work to together**, and control **our abilities**. We can show respect in the way we behave during training, competitions, and even outside of MMA

RESPONSIBILITY

LEADERSHIP, DISCIPLINE, AND OBEDIENCE

Responsibility is an important part of being a good person. In martial arts, it helps us become leaders, be disciplined, and follow rules. In the USFL, it is the athlete’s job to make good choices and have good character. Responsibility means admitting when we make mistakes and learning from them. It also includes understanding that our actions have consequences. In sports, responsibility means going to practice, being on time, listening to coaches and officials, and doing well in school.

RESILIENCE

ACHIEVING POSITIVE OUTCOME DESPITE RISK

Resilience is the ability to bounce back from tough things. It’s about being strong, flexible, and not giving up, even when things get challenging.

RESPECT

*Treating everyone on and off the mat like teammates,
even if they are your opponent or are different than you*

WE LOOK



**BECAUSE WE
ARE IMPRESSED**

WE CAN SHOW RESPECT FOR.

OPPONENTS

- **Shake Hands:** After every match, show your opponent you appreciate their effort by shaking their hand or giving them a high five, whether you win or lose.
- **Be a Good Sport :** Avoid name-calling and put-downs. Whether you win or lose, keep your head up and be a good example for others.
- **Play by the Rules:** The rules are there for a reason. They keep you and your opponents safe!

TEAMMATES

- **High-Fives and Encouragement:** Celebrate when your teammates win or do something well. Cheer for them even when they make mistakes.
- **Keep it Positive:** Your words should be kind and positive, even when you are frustrated.
- **Help Out:** Pick up equipment, offer water, give someone a pump up talk if they are down.

COACHES

- **Listen:** Pay attention to instructions and their coaching, and do your best to follow them.
- **Help Out:** Help clean up the gym. Treat the gym like your second home.
- **Play by the Rules:** Follow the rules of the game and respect the referees calls, even if you don't agree with them.

RESPECT FOR OPPONENTS...

GOLDEN STATE WARRIORS

STEPHEN CURRY

4X NBA CHAMPION

9X NBA ALL-STAR

8X ALL-NBA SELECTION

2X SEASON MVP

ONLY UNANIMOUS MVP

ALL-TIME 3-PT LEADER



Amidst all the pettiness that persisted in this Golden State Warriors vs. Memphis Grizzlies series, Steph Curry has maintained a level of respect for his Conference Semi-Finals opponent. When asked about the Grizzlies after Golden State's series-clinching win, Curry said,

"I have a lot of respect for every single guy on that team, in terms of how they're built as a group, the individual talent, they have a lot of energy, a lot of potential in terms of winning at the highest level."

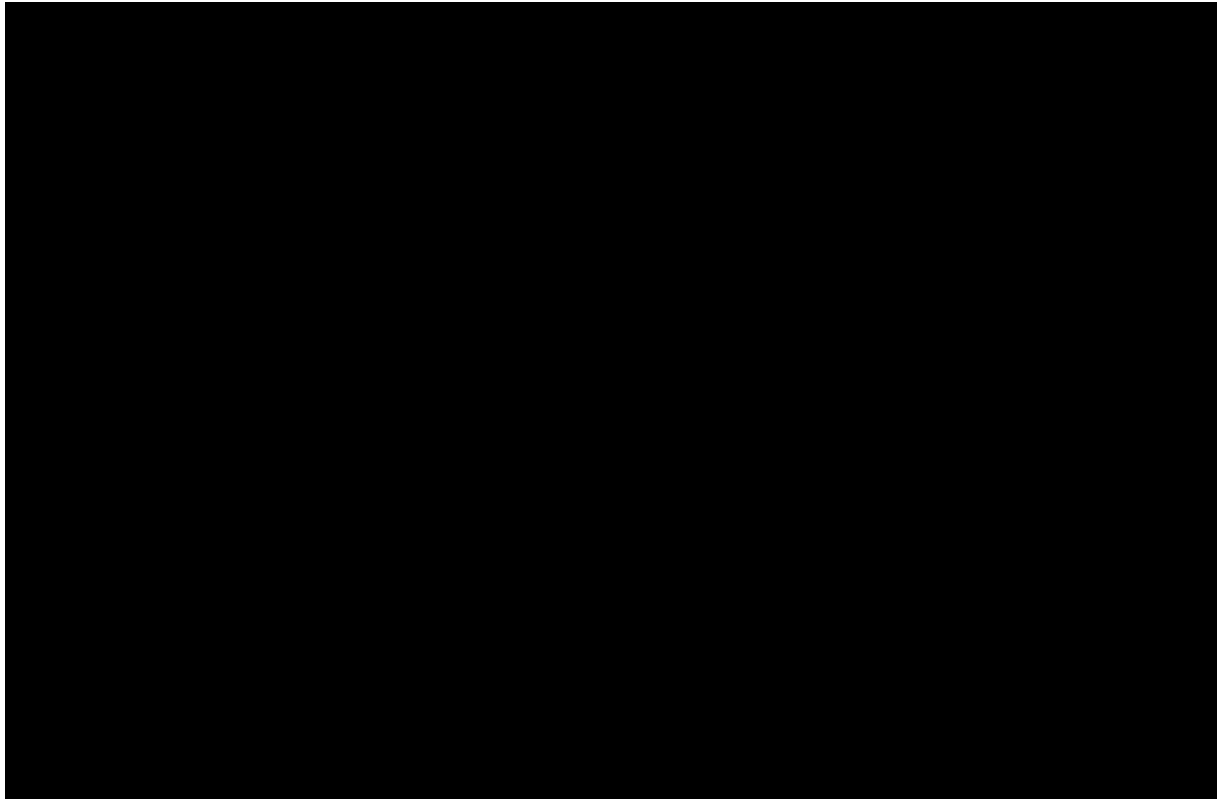
REFLECTION QUESTIONS....

- why didn't Curry make mean comments about the other team? Did he lose anything from being respectful?
- In a super close game, you tried your hardest but still lost to your opponent. You are upset that you didn't win but you agree that they are capable, fair opponents. You see them after the game- what do you say to them?

FOR TEAMMATES...

"EVERYTHING IS AWESOME"

- *Lego Movie*



LINK TO ACCESS:

<https://www.youtube.com/watch?v=9UJ1syXaNoQ>

"We're the same, I'm like you, you're like me
We are working in harmony". Teammates support one
another as they strive towards a common goal.
"Everything is better when we stick together, Side by
side, you and I are gonna win forever". We and our
teammates make each other better, and stronger. It is
with our teammates, that we can generate greater
outcomes than any of our own individual capabilities can
alone.

- [illegible]

MCFARLAND, USA

For Coaches...

Set in the predominantly Latino Californian city, McFarland, the Disney movie tells the empowerment story of young cross-country athletes with the guidance of a new coach, White. In the initial stages of the movie, established prejudices due to historical events would pave way for the athletes' disrespect and resentment towards Coach White- a white man of a higher socio-economic class. However, as the movie progresses and both the athletes and coach make effort into building a genuine connection, the athletes more and more saw White as a role model and mentor. Paying great respect to him, the athletes thrived under his guidance, growing as aspiring athletes, students, and leaders.

LINK TO ACCESS:

<https://www.youtube.com/watch?v=ZFsUdoOaqlw>



REFLECTION QUESTIONS....

- How and why do you think the track team's attitude towards Coach White changed?

- How has your coach guided you? What did you learn from him/her?

WHAT IS RESPONSIBILITY

Definition

the state or fact of being accountable
and the ability to act independently

Accountability

- discipline
- obedience
- trust-worthiness
- determination

Independence

- leadership
- confidence
- maturity
- consideration
- knowledge

CONSESLUS KIPRUTO

What does respect look like in real life?

Let's take a look at Conseslus Kipruto during 3000m men's steeplechase race, 2018:



Link to access: https://www.youtube.com/watch?v=JiDxhP_Na4I

Key Take-away

Accountability - determination:
Kipruto keeps going when under extreme and unexpected circumstances, knowing the goal and put in maximum effort to achieve it.

Key Take-away

Independence - maturity:
Kipruto knows that he represents himself but also his country and the responsibilities that is associated with it.

Dictionary of Military and Associated Terms.
US Department of Defense 2005

Responsibility is..... "The obligation to carry forward an assigned task to a successful conclusion. With responsibility goes authority to direct and take the necessary action to ensure success".

KEY TAKE-AWAY

Accountability - trust-worthiness: successful conclusion

indicates that results matter. With desirable results, comes trust towards individual athletes

Independence - leadership: athletes are expected to take direct and necessary actions. This indicates the expectation of acting accordingly and the ability to adapt quickly and think critically about unfamiliar situations

RULES & TACTICS

Following the rules

There is a set of rules that athletes are expected to follow. These rules are designed to protect athletes and ensure fairness of the game.

employ different tactics

During a competition, athletes are expected to be able to employ different tactics and achieve victory. This requires independent thinking skills, extensive knowledge, and confidence

Key take-away:

Accountability - obedience: obedience leads to fairness of the game and respect for other competitors

Independence - knowledge and confidence: Knowledge leads to confidence when facing challenges



- Is Responsibility one dimensional or multidimensional?
- What are situations that require responsibility? How will you react in that situation?
- What are situations that do not require, but would feel better with more responsibility? How will you react in that situation?

WHAT IS RESILIENCE?

The ability to bounce back from a failure or a challenge. It is an important skill not only for MMA, but also for life.

GROWTH MINDSET VS FIXED MINDSET

LEADS TO SUCCESS



LIMITS SUCCESS



GROWTH MINDSET VS FIXED MINDSET



I embrace challenges

I try again

Effort helps me improve

I learn from feedback



I avoid challenges

I give up easily

Effort doesn't help me

I ignore feedback



MICHAEL JORDAN

NBA MVP 5x, NBA Finals MVP 6x, NBA All-Star 14x,
NBA Champion 6x, All- NBA First Team 10x, NBA All-
Star MVP 3x

*"I have failed over and over and over again,
and that is why I succeed" - MJ*

Michael Jordan is a great basketball player. At first, he wasn't picked for his high school team because he was small and hadn't trained much. But he grew over the summer and worked hard to get better. He got a scholarship to play basketball at the University of North Carolina and was later drafted by the Chicago Bulls. He had an amazing career in the NBA. He talks about how failing can help you succeed in a Nike video, which you can watch on the next page.

JORDAN'S NIKE COMMERCIAL

FAILURE

CLICK ABOVE TO WATCH

Write about a time you faced a challenge. For example, an injury or you lost a match.

What did you learn this challenge or failure?

How does that experience helped you improve, succeed, or win today?



CONNOR MCGREGOR



First UFC Fighter to hold UFC Championships in two weight classes at the same time

“When things were going bad, when I had no job, I was on welfare; I went into a different mode,” McGregor says. “Just like a kid, I used my imagination visualizing good things in these times of struggle.”

Think of a challenge you faced outside of MMA. What happened? Were you resilient? How?

What challenges or setbacks are you facing now? How can you practice being resilient?